


DECEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Speaker: Pastor Leonard Fleming</p> <p>3:00pm Worship Hour (AR)</p> <p>1</p>	<p>8:00am Good Morning Meditations (C2FL) 2</p> <p>8:00am Supervised Gym (FC)</p> <p>9:00am Senior Fit (AR)</p> <p>9:00am Shopping: Fry's</p> <p>9:30am Stretch & Flex (AR)</p> <p>10:00am Late Morning Strolls (PG)</p> <p>11:00am Bocce (PGDP)</p> <p>11:30am Chair Yoga with Kelley (AR)</p> <p>1:00pm Activity Chat (AR)</p> <p>1:00pm Farkle (CL)</p> <p>1:30pm Shopping: Fry's</p> <p>1:30pm Supervised Gym (FC)</p> <p>2:00pm Catholic Communion Service (AR)</p> <p>2:30pm Rosary (AR)</p> <p>6:00pm Bingo (AR)</p>	<p>8:00am Good Morning Meditations (C2FL) 3</p> <p>8:00am Supervised Gym (FC)</p> <p>9:00am Tai Chi (FC)</p> <p>9:30am Lap Quilts (AR)</p> <p>10:00am Amway (GC)</p> <p>10:00am Music & Melodies (DR)</p> <p>10:00am Late Morning Strolls (PG)</p> <p>10:30am Tinsel-Tastic Tree Trimming* (AR)</p> <p>11:00am Putting Challenge (PGDP)</p> <p>12:15pm Wii Bowling (AR)</p> <p>1:00pm Cardio Conditioning (FC)</p> <p>1:30pm Pick A Prize Bingo (AR)</p> <p>1:30pm Supervised Gym (FC)</p> <p>3:00pm Hope Looks Up Christmas Party (AR)</p>	<p>8:00am Good Morning Meditations (C2FL) 4</p> <p>8:00am Supervised Gym (FC)</p> <p>9:00am Senior Fit (AR)</p> <p>9:45am Tai Chi (FC)</p> <p>10:00am Bible Study (AR)</p> <p>10:00am Late Morning Strolls (PG)</p> <p>11:00am NEW! Billiards (N2FL)</p> <p>11:00am Breaking Bread (AR)</p> <p>11:30am Shopping: Fry's 10% Off</p> <p>1:00pm Weight Training Basics (FC)</p> <p>1:00pm Winning Wednesday: Concentration (AR)</p> <p>1:30pm Bank Run</p> <p>1:30pm Supervised Gym (FC)</p> <p>1:30pm Shopping: Fry's 10% Off</p> <p>5:45pm Outing: "Celebration of Christmas" Show*</p> <p>6:00pm Bunco (AR)</p>	<p>8:00am Cornhole (AR) 5</p> <p>8:00am Good Morning Meditations (C2FL)</p> <p>8:00am Supervised Gym (FC)</p> <p>9:00am Tai Chi (FC)</p> <p>10:00am NEW! Thinkin' Thursdays* (GC)</p> <p>10:00am Late Morning Strolls (PG)</p> <p>11:00am I'm Feeling Blue Class Group (PDR)</p> <p>11:00am Cornhole Challenge (FC)</p> <p>11:00am Working Hands (C3FL)</p> <p>11:30am "Move to the Beat" Chair Exercise with Kelley (AR)</p> <p>1:00pm Presentation: Happiness for the Holidays (AR)</p> <p>1:00pm Wisdom Wellness (L)</p> <p>3:00pm NEW! Chattin' with Chaplain (GC)</p>	<p>8:00am Good Morning Meditations (C2FL) 6</p> <p>8:00am Supervised Gym (FC)</p> <p>9:00am Senior Fit (AR)</p> <p>9:00am Post Office</p> <p>9:30am Balance & Mobility (AR)</p> <p>10:00am Shopping: Safeway, Walgreens or CVS</p> <p>10:00am Late Morning Strolls (PG)</p> <p>12:30pm Bridge (C2FL)</p> <p>12:30pm LCR (AR)</p> <p>2:00pm Dancing Divas & Dudes (AR)</p> <p>3:00pm Got Milk?* (GC)</p> <p>4:30pm Outing: Museum After Dark*</p> <p>6:00pm Bridge (AR)</p>	<p>9:00am Axe Throwing & Horse Shoes! (AR) 7</p> <p>10:30am Bingo (AR)</p> <p>12:00pm Rummikub (AR)</p> <p>1:30pm Cinema Saturday: Polar Express (AR)</p> <p>2:00pm Colorful Creations with Katy! (L)</p> <p>3:00pm Cornhole (FC)</p> <p>6:00pm Game Night (GC)</p>
<p>Speaker: Pastor Bud Downs</p> <p>3:00pm Worship Hour (AR)</p> <p>8</p>	<p>8:00am Good Morning Meditations (C2FL) 9</p> <p>8:00am Supervised Gym (FC)</p> <p>9:00am Senior Fit (AR)</p> <p>9:00am Shopping: Fry's</p> <p>9:30am Stretch & Flex (AR)</p> <p>10:00am Late Morning Strolls (PG)</p> <p>11:00am Bocce (PGDP)</p> <p>11:30am Chair Yoga with Kelley (AR)</p> <p>1:00pm Farkle (CL)</p> <p>1:00pm Fitness Foundations (FC)</p> <p>1:30pm Shopping: Fry's</p> <p>1:30pm Supervised Gym (FC)</p> <p>2:00pm Catholic Communion Service (AR)</p> <p>2:30pm Rosary (AR)</p> <p>3:30pm Dinner Out: Organ Stop Pizza*</p> <p>6:00pm Bingo (AR)</p>	<p>8:00am Good Morning Meditations (C2FL) 10</p> <p>8:00am Supervised Gym (FC)</p> <p>9:00am Tai Chi (FC)</p> <p>9:30am Lap Quilts (AR)</p> <p>10:00am Music & Melodies (DR)</p> <p>10:00am Blood Pressure Clinic (CL)</p> <p>10:00am Late Morning Strolls (PG)</p> <p>10:00am Mary K Cosmetics (GC)</p> <p>11:00am Teach Me Tuesday: Jewellery Making Class* (AR)</p> <p>11:00am Putting Challenge (PGDP)</p> <p>12:15pm Wii Bowling (AR)</p> <p>1:00pm Cardio Conditioning (FC)</p> <p>1:30pm Pick A Prize Bingo (AR)</p> <p>1:30pm Supervised Gym (FC)</p> <p>6:00pm Hand & Foot (AR)</p>	<p>7:30am Men's Breakfast (DR) 11</p> <p>8:00am Good Morning Meditations (C2FL)</p> <p>8:00am Supervised Gym (FC)</p> <p>9:00am Senior Fit (AR)</p> <p>9:45am Tai Chi (FC)</p> <p>10:00am Bible Study (AR)</p> <p>10:00am Late Morning Strolls (PG)</p> <p>10:30am Do You Want to Build a Snowman?* (GC)</p> <p>11:00am NEW! Billiards (N2FL)</p> <p>11:00am Breaking Bread (AR)</p> <p>11:30am See's Candies (GC)</p> <p>1:00pm Weight Training Basics (FC)</p> <p>1:00pm Winning Wednesday: Horse Races (AR)</p> <p>1:30pm Bank Run</p> <p>1:30pm Supervised Gym (FC)</p> <p>1:30pm Shopping: Super Walmart (19th Ave & Bell) (Limit 14)</p> <p>6:00pm Bunco (AR)</p>	<p>8:00am Cornhole (AR) 12</p> <p>8:00am Good Morning Meditations (C2FL)</p> <p>8:00am Supervised Gym (FC)</p> <p>9:00am Tai Chi (FC)</p> <p>10:00am NEW! Thinkin' Thursdays* (GC)</p> <p>10:00am Late Morning Strolls (PG)</p> <p>11:00am I'm Feeling Blue Class Group (PDR)</p> <p>11:00am Cornhole Challenge (FC)</p> <p>11:00am Working Hands (C3FL)</p> <p>11:30am "Move to the Beat" Chair Exercise with Kelley (AR)</p> <p>1:00pm Christmas snack, I mean CRAFT!* (AR)</p> <p>1:00pm Wisdom Wellness (L)</p> <p>6:00pm Evening Entertainment: SoSco Duo (AR)</p>	<p>8:00am Good Morning Meditations (C2FL) 13</p> <p>8:00am Supervised Gym (FC)</p> <p>9:00am Senior Fit (AR)</p> <p>9:30am Balance & Mobility (AR)</p> <p>10:00am Shopping: Safeway, Walgreens or CVS</p> <p>10:00am Late Morning Strolls (PG)</p> <p>10:30am Santa's Helpers Gift Wrapping (AR)</p> <p>12:30pm Bridge (C2FL)</p> <p>12:30pm LCR (AR)</p> <p>1:30pm Shopping: Trader Joe's</p> <p>2:00pm FINAL Dancing Divas & Dudes (AR)</p> <p>3:00pm Happy Hour- Caramel Apple Cider Christmas Karaoke* (L)</p> <p>6:00pm Bridge (AR)</p>	<p>9:00am Axe Throwing & Horse Shoes! (AR) 14</p> <p>10:30am Bingo (AR)</p> <p>12:00pm Rummikub (AR)</p> <p>1:00pm Piano Recital (AR)</p> <p>2:00pm Colorful Creations with Katy! (L)</p> <p>3:00pm Cornhole (FC)</p> <p>6:00pm Game Night (GC)</p>
<p>Speaker: Chaplain Tom Haney</p> <p>3:00pm Worship Hour (AR)</p> <p>15</p>	<p>8:00am Good Morning Meditations (C2FL) 16</p> <p>8:00am Supervised Gym (FC)</p> <p>9:00am Senior Fit (AR)</p> <p>9:00am Shopping: Fry's</p> <p>9:30am Stretch & Flex (AR)</p> <p>10:00am Late Morning Strolls (PG)</p> <p>11:00am Bocce (PGDP)</p> <p>11:30am Chair Yoga with Kelley (AR)</p> <p>1:00pm Farkle (CL)</p> <p>1:00pm Fitness Foundations (FC)</p> <p>1:30pm Shopping: Fry's</p> <p>1:30pm Supervised Gym (FC)</p> <p>2:00pm Catholic Communion Service (AR)</p> <p>2:30pm Rosary (AR)</p> <p>3:00pm Book Club Meeting (L)</p> <p>6:00pm Bingo (AR)</p>	<p>8:00am Good Morning Meditations (C2FL) 17</p> <p>8:00am Supervised Gym (FC)</p> <p>9:00am Tai Chi (FC)</p> <p>9:30am Lap Quilts (AR)</p> <p>10:00am Cozy Carol Sweater Sing-Along (DR)</p> <p>10:00am Late Morning Strolls (PG)</p> <p>10:30am NEW! Chattin' with Chaplain (GC)</p> <p>11:00am Putting Challenge (PGDP)</p> <p>11:30am Avon (GC)</p> <p>12:15pm Wii Bowling (AR)</p> <p>1:00pm Cardio Conditioning (FC)</p> <p>1:00pm Mending and Sewing Repair (Pick Up) (AR)</p> <p>1:30pm Pick A Prize Bingo (AR)</p> <p>1:30pm Supervised Gym (FC)</p> <p>6:00pm Hand & Foot (AR)</p>	<p>8:00am Good Morning Meditations (C2FL) 18</p> <p>8:00am Supervised Gym (FC)</p> <p>9:00am Senior Fit (AR)</p> <p>9:45am Tai Chi (FC)</p> <p>10:00am Christmas Service (AR)</p> <p>10:00am Late Morning Strolls (PG)</p> <p>11:00am NEW! Billiards (N2FL)</p> <p>11:00am Breaking Bread (AR)</p> <p>11:00am Cholla Library (Metrocenter)</p> <p>11:00am Paparazzi Jewelry Everything \$5 (GC)</p> <p>1:00pm Winning Wednesday: Reindeer Games* (AR)</p> <p>1:30pm Shopping: Home Goods</p> <p>1:30pm Bank Run</p> <p>2:00pm Low Vision Group (N3FL)</p> <p>6:00pm Winedown Wednesday Featuring the Stefanski Brothers* (AR)</p> <p>6:00pm Bunco (AR)</p>	<p>8:00am Cornhole (AR) 19</p> <p>8:00am Good Morning Meditations (C2FL)</p> <p>8:00am Supervised Gym (FC)</p> <p>9:00am Tai Chi (FC)</p> <p>10:00am Walker Scooter Repair* (GC)</p> <p>10:00am NEW! Thinkin' Thursdays* (GC)</p> <p>10:00am Vet to Vet (AR)</p> <p>10:00am Late Morning Strolls (PG)</p> <p>11:00am I'm Feeling Blue Class Group (PDR)</p> <p>11:00am Cornhole Challenge (FC)</p> <p>11:00am Working Hands (C3FL)</p> <p>11:30am "Move to the Beat" Chair Exercise with Kelley (AR)</p> <p>1:00pm Wisdom Wellness (L)</p> <p>3:00pm NEW! Chattin' with Chaplain (GC)</p> <p>5:30pm Outing: Christmas Light Viewing*</p>	<p>8:00am Good Morning Meditations (C2FL) 20</p> <p>8:00am Supervised Gym (FC)</p> <p>9:00am Senior Fit (AR)</p> <p>9:00am Post Office</p> <p>9:30am Balance & Mobility (AR)</p> <p>10:00am Shopping: Safeway, Walgreens or CVS</p> <p>10:00am Late Morning Strolls (PG)</p> <p>11:00am Birthday Luncheon (invite Only) (AR)</p> <p>12:30pm Bridge (C2FL)</p> <p>12:30pm LCR (AR)</p> <p>2:00pm Santa & Mrs. Claus are Coming to Town!* (PG)</p> <p>3:00pm Caregiver Support Group (L)</p> <p>6:00pm Bridge (AR)</p>	<p>9:00am Axe Throwing & Horse Shoes! (AR) 21</p> <p>10:30am Bingo (AR)</p> <p>12:00pm Rummikub (AR)</p> <p>1:30pm Cinema Saturday: Miracle on 34th Street (AR)</p> <p>2:00pm Colorful Creations with Katy! (L)</p> <p>3:00pm Cornhole (FC)</p> <p>6:00pm North Valley Symphony Orchestra</p> <p>6:00pm Game Night (GC)</p>

DECEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Speaker: Pastor Gus Vogelsang Jr. 22 3:00pm Worship Hour (AR)</p>	<p>8:00am ❤️ Breakfast Out: IHOP* 23</p> <p>8:00am 🧠 Good Morning Meditations (C2FL)</p> <p>8:00am 🏠 Supervised Gym (FC)</p> <p>9:00am 🏠 Senior Fit (AR)</p> <p>9:00am Shopping: Fry's</p> <p>9:30am 🏠 Stretch & Flex (AR)</p> <p>10:00am 🏠 Late Morning Strolls (PG)</p> <p>11:00am 🏠 Bocce (PGDP)</p> <p>11:30am 🏠 Chair Yoga with Kelley (AR)</p> <p>1:00pm 🧠 Farkle (CL)</p> <p>1:00pm 🏠 Fitness Foundations (FC)</p> <p>1:30pm Shopping: Fry's</p> <p>1:30pm 🏠 Supervised Gym (FC)</p> <p>2:00pm ✝️ Catholic Communion Service (AR)</p> <p>2:30pm ✝️ Rosary (AR)</p> <p>6:00pm 🧠 Bingo (AR)</p>	<p>8:00am 🧠 Good Morning Meditations (C2FL) 24</p> <p>9:30am ❤️ Lap Quilts (AR)</p> <p>10:00am ❤️ Music & Melodies (DR)</p> <p>10:00am 🏠 Late Morning Strolls (PG)</p> <p>10:30am ❤️ Christmas Cookie Decorating* (AR)</p> <p>11:00am 🏠 Putting Challenge (PGDP)</p> <p>6:00pm 🧠 Hand & Foot (AR)</p>	<p>Merry Christmas!! 25 10:00am ❤️ Christmas Carols & Chronicles* (AR)</p> 	<p>8:00am 🏠 Cornhole (AR) 26</p> <p>8:00am 🧠 Good Morning Meditations (C2FL)</p> <p>8:00am 🏠 Supervised Gym (FC)</p> <p>9:00am 🏠 Tai Chi (FC)</p> <p>10:00am 🧠 NEW! Thinkin' Thursdays* (GC)</p> <p>10:00am 🏠 Late Morning Strolls (PG)</p> <p>11:00am 🏠 Cornhole Challenge (FC)</p> <p>11:00am ✝️ Working Hands (C3FL)</p> <p>11:30am ❤️ New Resident's Luncheon (DR)</p> <p>11:30am 🏠 "Move to the Beat" Chair Exercise with Kelley (AR)</p> <p>1:00pm 🏠 Wisdom Wellness (L)</p> <p>2:00pm Crafts with Teresa! (Limit 10)* (AR)</p> <p>6:00pm ❤️ Evening Entertainment: Hooters Blues (AR)</p>	<p>8:00am 🧠 Good Morning Meditations (C2FL) 27</p> <p>8:00am 🏠 Supervised Gym (FC)</p> <p>9:00am 🏠 Senior Fit (AR)</p> <p>9:30am 🏠 Balance & Mobility (AR)</p> <p>10:00am ❤️ Outing: Vee Quiva Casino*</p> <p>10:00am Shopping: Safeway, Walgreens or CVS</p> <p>10:00am 🏠 Late Morning Strolls (PG)</p> <p>12:30pm 🧠 Bridge (C2FL)</p> <p>12:30pm ❤️ LCR (AR)</p> <p>6:00pm 🧠 Bridge (AR)</p>	<p>9:00am 🏠 Axe Throwing & Horse Shoes! (AR) 28</p> <p>10:30am 🧠 Bingo (AR)</p> <p>12:00pm ❤️ Rummikub (AR)</p> <p>1:00pm ❤️ All Aboard the Polar Express* (PG)</p> <p>2:00pm ❤️ Colorful Creations with Katy! (L)</p> <p>3:00pm 🏠 Cornhole (FC)</p> <p>6:00pm ❤️ Game Night (GC)</p>
<p>Speaker: Dr. Delores McLaughlin, Pastor 29 3:00pm Worship Hour (AR)</p>	<p>8:00am 🧠 Good Morning Meditations (C2FL) 30</p> <p>8:00am 🏠 Supervised Gym (FC)</p> <p>9:00am 🏠 Senior Fit (AR)</p> <p>9:00am Shopping: Fry's</p> <p>9:30am 🏠 Stretch & Flex (AR)</p> <p>10:00am 🏠 Late Morning Strolls (PG)</p> <p>11:00am 🏠 Bocce (PGDP)</p> <p>11:30am 🏠 Chair Yoga with Kelley (AR)</p> <p>1:00pm 🧠 Farkle (CL)</p> <p>1:00pm 🏠 Fitness Foundations (FC)</p> <p>1:30pm Shopping: Fry's</p> <p>1:30pm 🏠 Supervised Gym (FC)</p> <p>2:00pm ✝️ Catholic Communion Service (AR)</p> <p>2:30pm ✝️ Rosary (AR)</p> <p>6:00pm 🧠 Bingo (AR)</p>	<p>8:00am 🧠 Good Morning Meditations (C2FL) 31</p> <p>8:00am 🏠 Supervised Gym (FC)</p> <p>9:00am 🏠 Tai Chi (FC)</p> <p>9:30am ❤️ Lap Quilts (AR)</p> <p>10:00am ❤️ Music & Melodies (DR)</p> <p>10:00am 🏠 Late Morning Strolls (PG)</p> <p>10:30am ✝️ NEW! Chattin' with Chaplain (GC)</p> <p>11:00am 🏠 Putting Challenge (PGDP)</p> <p>12:15pm 🏠 Wii Bowling (AR)</p> <p>1:00pm 🏠 Cardio Conditioning (FC)</p> <p>1:30pm 🧠 Pick A Prize Bingo (AR)</p> <p>1:30pm 🏠 Supervised Gym (FC)</p> <p>3:30pm ❤️ New Year's Eve Party: Glow BIG & Glow Home* (DR)</p> <p>6:00pm 🧠 Hand & Foot (AR)</p>	<p>LOCATION</p> <ul style="list-style-type: none"> Activity Room (AR) Centerview 2nd FL Lounge (C2FL) Centerview 3rd Floor Lounge (C3FL) Centerview Lounge (CL) Dining Room (DR) Fitness Center (FC) Garden Cafe (GC) Library (L) Northridge 2nd FL lounge (N2FL) Northridge 3rd Floor Lounge (N3FL) Prayer Garden (PG) Private Dining Room (PDR) Putting Green/Dog Park (PGDP) 	<p>ACTIVITY LEGEND</p> <ul style="list-style-type: none"> ❤️ Heart 🏠 Body 🧠 Mind ✝️ Spirit 	<p>* For Any activity followed by an asterisk(*), please sign up at the concierge desk!</p> 